MEN’S HEALTH

June is Men’s Health Month! This month there is heightened awareness on preventable health problems, early detection, and treatment of diseases impacting men and boys. Through Cigna, Optum EAP, and additional resources, HBC associates have access to information and assistance to help manage men’s health issues. Click below for more information.

DENTAL HEALTH IS NOT JUST ABOUT YOUR MOUTH

Researchers are discovering new reasons to brush and floss. A healthy mouth may help you ward off medical disorders. The flip side? An unhealthy mouth, especially if you have gum disease, may increase your risk of serious health problems such as heart attack, stroke, poorly controlled diabetes and preterm labor. Click below for more information.

VSP LOGIN SWEEPSTAKES

Vision Service Plan’s (VSP) global initiative this year is to encourage VSP members to log into VSP.com to view their Vision benefits and take advantage of all the benefits VSP offers.  All VSP members who create or visit their VSP account will be eligible to win a technology prize package from VSP worth $2,379.  Click below for more information.

HOW TO GET READY FOR SUMMER (and Learn to Love Yourself in the Process)

This article from Whole Life Challenge by Hilary Auchaer, free-lance Health and Wellness writer and Cross Fit enthusiast, provides a great perspective on how to prepare for your best summer ever.

TRY THIS SUMMER RECIPE